

The Moscow Food Co-op

Whole Grain Bakery: Our breads are made fresh daily, without additives or preservatives.

Natural Foods Deli: Our soups, salads, and sandwiches are made daily with only the freshest ingredients.

Product Selection: Our products are selected while keeping the consequences to both the consumer and the environment in mind. We do not carry products which contain additives or have been tested on animals.

Commitment to Local Vendors: We offer a wide variety of products which are grown and/or produced right in our own community. These include:

- Paradise Farms
- Stratton's Dairy
- Camas Farms
- BCR Beef
- Camas Winery
- Moscow Seed
- Wilson Ranch Cider
- Joseph Barron's Flour
- St. Maries Wild Rice
- Lifeforce Honey & Supplements
- Moscow Pepper Company
- Idaho Ice
- Legumes Plus
- Middle Path Herbals
- Craven's Coffee
- Misha Soap
- Small Planet Tofu
- Mountain Star Honey
- Cowgirl Chocolates
- Georgia's Soapworks
- Bayou Bob's Pickles

You deserve a healthier bag of groceries!

- organic and locally grown produce
- over 600 bulk items to choose from including herbs and spices, grains, mixes, seeds, soaps and more
- earth-friendly cleaning products
- dairy and wheat-free alternatives
- organic baby food
- magazines and books
- vitamins and supplements including our exclusive line
- seafood on most Fridays, courtesy of "The Fishman"
- homeopathic remedies
- cruelty-free body care
- recycled paper products
- antibiotic and hormone free meats
- organic beer and wine

Welcome

to the



Post Office Square
221 E Third Street
Moscow, ID 83843
(208) 882-8537

Open Daily

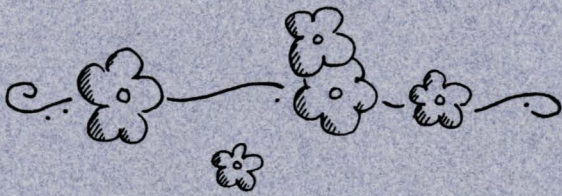
8:00 a.m. to 8:00 p.m.

A Co-op is...

a business owned by its members and operated by management under the direction of a member-elected board.

Cooperative Values

Co-ops are based on the values of self-help, responsibility, democracy, equality, equity, and solidarity.



The Mission of the Moscow Food Co-op

To provide food and other products that are reasonably priced, locally and/or organically grown and consciously selected for the healthful consequences to both the consumer and the environment.

To provide an information network that fosters progressive social, political, and economic change.

-and-

To provide a sense of community for its constituency and right livelihood for its staff.

Membership

Shopping is open to everyone at the Co-op, but members receive additional benefits. It's easy to become a member of our Co-op. Just take a few minutes to fill out a membership form and pay your dues at the cash register. Membership is non-exclusive and costs \$10/year for individuals, \$7/year for each additional adult in the household, and \$5/yr for seniors over the age of 62. Members who reach the \$150 level become *Lifetime Members*. Your membership investment provides capital to update equipment and improve our store.

Membership Benefits

- discounts at participating local business partners
- a 10% discount on bulk special orders
- punch-cards for \$2.00 off when you buy 10 loaves of fresh baked bread
- sale prices on monthly promotions, saving up to 35% off
- up to 18% off when you volunteer
- a voice in your local Co-op policy

Volunteering

If you are a member of the Co-op, then you can work in your own store. Volunteering is one of the most fun benefits that the Co-op offers, and it's beneficial to everyone involved. You support your local Co-op and receive discounts on your groceries, and we keep our operating costs lower through your help. And it feels good to know you're giving the gift of time to your community.

Volunteers receive discounts on all of their purchases at the Co-op and gain valuable experience. Each volunteer position has its own discount level, up to 18% off for 3 hours of work per week.

How to Volunteer

Check the volunteer board for vacant positions and then fill out a volunteer application for the one that suits you. The volunteer coordinator will then contact you to set up an orientation and talk to you about your new position. It's as easy as that!

